



Healthy  
**Leitrim**

# Healthy Leitrim Plan

## 2019-22



Comhairle Chontae Liatroma  
Leitrim County Council





# Healthy Leitrim Plan 2019-22

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Healthy  
**Leitrim**



# Healthy Leitrim

## **Cllr. Sean McGowan**

Cathaoirleach of Leitrim County Council



As Chairman of Leitrim County Council it gives me great pleasure to welcome the publication of the first Healthy Leitrim Plan. The plan demonstrates our commitment in Leitrim to incorporate the Healthy Ireland Framework into a local plan with locally devised actions that will create a Leitrim Community where everyone can enjoy physical and mental health, and where wellbeing is valued and supported at every level of society.

On behalf of Leitrim County Council I wish to thank the thank all those involved in the development of this Plan and wish the Healthy Leitrim Steering Group every success in implementing the Healthy Leitrim Plan.

## **Cllr. Finola Armstrong McGuire**

Chairperson Leitrim LCDC



As the Chairperson of Leitrim Local Community Development Committee (LCDC) I am delighted to present the first Healthy Leitrim Plan. This plan, the first of its kind in Leitrim aims to improve the health and wellbeing of the people of Leitrim over the coming years.

The plan has been informed by both national and local policy alongside extensive consultation with agencies, organisations, clubs and communities. The Healthy Leitrim Plan provides a framework for the delivery of a suite of actions that will have a positive impact on the health and wellbeing of the residents of Leitrim.

On behalf of Leitrim LCDC I wish to thank the Healthy Ireland Team, Pobal and the Department of Health for their continued, support guidance and funding. Healthy Leitrim is a leading example of a project that has had a significant impact on the quality of life of many people within the County of Leitrim.

Finally, I would like to take this opportunity to acknowledge the outstanding drive and commitment of the Healthy Leitrim Steering Group and the Healthy Leitrim Coordinator Blánaid Carney whose work is central to the implementation and sustainability of the Healthy Leitrim Plan.

## Section 1:

# Introduction and Background Context

This is the first **Healthy Leitrim Plan** which sets out to support the implementation of Healthy Ireland, the national health and wellbeing framework, at local level to improve the health and wellbeing of all in County Leitrim.



## Background to the Healthy Ireland Framework

Healthy Ireland (HI) is a Government led national framework that aims to improve the health and wellbeing of the people of Ireland.

Although led by the Department of Health the framework takes a whole of Government and whole of society approach to improving the health and well-being and quality of people's lives over the coming generation.

The framework introduces a vision where:

VISION

**'Everyone can enjoy physical and mental health and well-being to their full potential, where well-being is valued and supported at every level of society and is everyone's responsibility'**

The framework has four overarching goals, these are:

GOALS

**Increase the proportion of people who are healthy at all stages of life**

**Reduce health inequalities**

**Protect the public from threats to health and wellbeing**

**Create an environment where every individual and sector of society can play their part in achieving a Healthy Ireland**



# Key National Policies

The Healthy Ireland Framework deploys various strategies listed below under the four overarching goals, providing more detailed direction.

Area	Healthy Ireland National Policy or Guidance
Physical Activity	<p><b>Get Ireland Active/Get Ireland Walking-National Physical Activity Plan 2017-2020</b></p> <p><b>Connecting for life, Ireland’s national strategy to prevent suicide 2015-2020</b></p>
Mental Health	<p><b>Healthy Ireland includes mental health and links to current national mental health promotion campaigns including: <a href="http://Yourmentalhealth.ie">Yourmentalhealth.ie</a> <a href="http://Littlethingshub.ie">Littlethingshub.ie</a></b></p>
Healthy weight & Healthy eating	<p><b>A Healthy Weight for Ireland-Obesity and Policy Action 2016</b></p> <p><b>Healthy Food for Life-the Healthy Eating Guideline and Food Pyramid</b></p>
Sexual Health	<p><b>National Sexual Health Strategy 2015-2020</b></p>
Tobacco Free	<p><b>Tobacco Free Ireland 2013</b></p> <p><b>Tobacco Free Action Plans</b></p>
Alcohol and drug related harm	<p><b>Reducing Harm, Supporting Recovery: A health-led response to drug and alcohol use in Ireland 2017-2025</b></p> <p><b>National Substance Misuse Strategy, Steering Group Report</b></p>

## Connecting the Initiatives



These initiatives are now being matched at local government level and all local authorities, including Leitrim, are being advised to develop a Healthy County Plan. The Healthy Leitrim Plan seeks to embrace and recognise the National policies and plans and their need to be integrated and implemented at local level. The Healthy Leitrim Plan will be led by the Local Community Development Committee (LCDC), who are responsible for the implementation of the community aspects of the Leitrim Local Economic and Community Plan (LECP) 2015-2021. The LCDC is ideally placed to support the delivery of a Healthy Leitrim Plan in response to local people's needs.

## Section 2:

# Healthy Leitrim Plan Methodology:

**The development of the Plan entailed aligning the Healthy Ireland Framework vision and goals, socio-demographic profiling and consultation outcomes, alongside national and county strategies and plans to identify and inform the key priority areas, from which a series of key actions have been drawn for a Healthy Leitrim plan.**

## Sources

The Healthy Leitrim Plan primarily relied upon the County Development Plan and Local Economic and Community Plans (LECP) 2015-2021. Other county departmental plans, strategies and initiatives drawn upon in this Plan include; Leitrim Arts Plan 2012; Children and Young People's Services Committee's (CYPSC) Children and Young People's Plan (CYPP) 2017–2019; the Community Department with responsibility for infrastructure such as playgrounds; heritage and libraries. The Leitrim Sports Partnership Strategy and the Leitrim Tourism Strategy 2015-2021 have also been reviewed. The Healthy Leitrim Plan intends to strengthen the objectives within these plans and focus on improving lives in Leitrim.

## Consultation

Consultation for the Healthy Leitrim Plan took place in June/July 2018, and included focus group meetings with a variety of elected representatives, and statutory and community stakeholders. This was supported by 1:1 interviews, email conversations, and a series of telephone interviews to confirm positions on certain priorities indicated during focus group meetings.

Discussions with all stakeholders were set against the backdrop of the Healthy Ireland national strategy and that of the Leitrim LECP. In addition, a comprehensive survey was devised and issued to all stakeholders. This was an open trawl for ideas. Desirable outputs from the process included suggestions, insights that would contribute to the process and strategy, findings reflecting Healthy Ireland priorities and a series of realistic target-driven actions. Appendix 1.0 records the consultation and survey undertaken with outputs.

## County Profile

The plan begins with a profile of the county and focuses on its current state of health. This profile is primarily derived from the most up to date relevant data sources and relies on Central Statistics Office (CSO) data; HSE data and the annual Healthy Ireland Survey.

Objectives are then set that have regard to the existing and emergent goals, objectives and subinitiatives drawn from Healthy Ireland, existing County Plans and stakeholder consultation undertaken as part of the making of this Plan.

## Section 3:

# A Profile of Leitrim at a glance



Healthy  
Leitrim

### The population of Leitrim is the smallest and slowest growing in the State

Total Population 2016

**32,044**

2011-2016 Population increase

Co. Leitrim + **0.8 %**

State + **3.8%**



Ireland's highest total dependency ratio

Leitrim **62.5 %**

State **52.7 %**

Families = **8,298**

**727** Pre-School Families  
**915** Early School Families  
**1,001** Pre-Adolescent Families  
**1,060** Adolescent Families



**148**  
Lone Father  
Families



**1,002**  
Lone Mother  
Families

**89.3 % living in rural areas**

Third Level Education

**37 %** Leitrim  
**27%** State



11 Deis Primary Schools



Labour  
Force

**59.3%**

Working in  
Agriculture

**8.6 %**

Working in  
Industry

**11.5%**

Unemployment rate of **14.5 %** in Leitrim



**56.9 %** of Leitrim population  
in 2016 were in very good health

**4,486**  
people in Leitrim have  
at least one disability



Total population  
with a disability  
Leitrim (**14%**)  
State (**13.5%**)





## Section 4: Strategic Priorities

The Healthy Leitrim Plan has been developed with reference to a lifecycle approach. Our consultation demonstrated that health encompasses more than individual behaviours as already stated at section 4.4.4 of the Leitrim County Development Plan;

*'Human health encompasses an enormous area of study and includes everything from physical and mental disabilities, long-term illness, acute and chronic disease, mental health and ageing populations'*

The Healthy Leitrim plan recognises the impact of intangible factors on health which are influenced by the physical, social and economic environment. These factors are also identified in the County Development Plan under 2.2.5(b):

*'To promote equity and equality of access to education, health, community and recreational facilities and employment opportunities for all residents of the County, including persons with disability'*





# Section 5: Healthy Leitrim Vision, Mission, Goals and Objectives

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Leitrim will be a county, where everyone can enjoy physical and mental health and wellbeing to their full potential, where wellbeing is valued and supported at every level of society and is everyone's responsibility.

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We will work to promote and improve the health and wellbeing of people living in Leitrim.

Our strategic goals, objective and actions are drawn from Healthy Ireland's national policy areas and include:

- Physical Activity
- Healthy Weight
- Tobacco Free
- Sexual Health
- Prevention and reduction of alcohol related harm
- Mental Health



# Key Themes & Objectives:



## PHYSICAL ACTIVITY

- Objective 1.1 Create and sustain healthy places for people to be born, grow, live, work and grow older in Leitrim.
- Objective 1.2 Ensure that adequate infrastructure is in place to facilitate healthy life styles and quality of life for Leitrim citizens.
- Objective 1.3 Increase the participation in sport and recreational activity across the County.
- Objective 1.4 Develop a comprehensive communications strategy to promote and raise awareness of cross-agency Healthy Leitrim supports and well-being initiatives.



## HEALTHY WEIGHT

- Objective 2.1 Act collectively to increase the number of people in Leitrim with a healthy weight, where healthy weight becomes the norm.
- Objective 2.2 Scale up effective community-based programmes with a focus on disadvantaged areas to enhance knowledge and skills with regard to healthy eating and active living.



## TOBACCO-FREE

- Objective 3.1 Reduce smoking prevalence among adults in Leitrim.
- Objective 3.2 Reduce smoking initiation rates among young people.



## SEXUAL HEALTH

- Objective 4.1 Ensure that all young people in Leitrim will have continued access to, and knowledge of how to source age-appropriate, trustworthy and accurate information and support on relationships and sexual health.



## PREVENTION & REDUCTION OF ALCOHOL-RELATED HARM

- Objective 5.1 Use a public health approach to reduce alcohol-related risk to Leitrim's citizens to ensure health, safety and well-being.



## MENTAL HEALTH

- Objective 6.1 Enhance social connectedness across the life course and connect people most in need to resources, services, education and healthcare.

## 5.1 Healthy Ireland Strategic Priority: Physical Activity

## Healthy Leitrim Plan 2019-22

### Objective 1.1 Create and sustain healthy places for people to be born, grow, live, work and grow older in Leitrim.

Actions	Measure of Success	Lead	Partner
1.1.1 Become a member of the National Healthy Cities and Counties of Ireland Network.	Membership of Healthy Cities and counties network ratified.	LCDC/Healthy Leitrim Steering Group	
1.1.2 Establish a local sport ambassador initiative to support healthy communities.	Leitrim promoted as a Healthy County. 1 local ambassador in place.	LCDC/Healthy Leitrim Steering Group	
1.1.3 Implement recommendations of the Leitrim Sports Partnership strategy to promote health and wellbeing by encouraging physical activity at all stages of the life course.	Sports Partnership strategy recommendations implemented.	LSP	Leitrim County Council (LCC), Sport Ireland, Health Service Executive (HSE), Leitrim Development Company (LDC), Community and Voluntary Groups, Schools and Clubs

### Objective 1.2 Ensure that adequate infrastructure is in place to facilitate healthy life styles and quality of life for Leitrim citizens.

Actions	Measure of Success	Lead	Partner
1.2.1 Support the development of multi-sports facilities for a range of sports, physical and recreational activities.	Feasibility study reviewed, progressed and supported	LCC	LSP LDC Community and Voluntary Groups
1.2.2 Seek to support proposals, which address needs analysis deficits, on a multi-sport and recreation level as identified during the consultation process.	Support and capacity building provided for community groups and sports clubs to access funding to multi-use games areas.	LCC	LSP LDC Community and Voluntary Groups Sporting Groups
1.2.3 Provide sport and recreational programmes to increase children and young people's access to, and engagement in physical activity to encourage a healthier lifestyle.	Increased access for young people to play spaces and physical activity programmes in a community setting.  Number of environmental projects for young people.	LCC/LSP	Healthy Leitrim Steering Group
1.2.4 Support the development of community amenities/outdoor pursuits facilities at local recreational areas.	Work underway with community groups/partners to access local and national funding for potential development of amenity/ outdoor facilities.	LCC	LDC Department of Transport, Tourism and Sport
1.2.5 Develop community sign-posting system to guide local people to activities supporting health and wellbeing e.g. Men's Sheds, walking groups, craft groups, rowing clubs.	Strategic approach to the development of a countywide database on sport and recreational facilities.	LSP	LCC LDC
1.2.6 Increase usage of current adult exercise units in local parks.	Funding opportunities explored with community groups and sport organisations to purchase adult fitness unit equipment for other local recreational areas.	LCC	LSP
1.2.7 Develop and deliver adult equipment unit 'taster' sessions to local residents	Number of sessions delivered.	LSP	Healthy Leitrim Steering Group



## Objective 1.3

Increase the participation in sport and recreational activity across the County.

Actions		Measure of Success	Lead	Partner
1.3.1	Support older people to maintain, improve or manage their physical and mental wellbeing and to be connected with their community through activities with active age groups through activities with active age groups.	Monthly programme of events circulated to all older persons and to the North and South Active Age Forum Groups.	LCC/LSP	Age Friendly Alliance LDC HSE
1.3.1	Support older people to maintain, improve or manage their physical and mental wellbeing and to be connected with their community through activities with active age groups.	Increased funding and improve health and wellbeing for older adults. Funding availability for purchase of additional Trio Bikes.		Older People's Council (OPC)
1.3.1.1.	Promote a range of exercise programmes for older people.	Training provided for all volunteers to implement Trio bike programme.		
1.3.1.2	Continue to assist Active Age Groups in funding applications for the Go For Life Grants.	Trio biking scheme expanded county-wide.		
1.3.1.3	Expand implementation of the Trio Bike Programme to Nursing homes, Disability Services and Active Age Groups in Co. Leitrim.	Potential of enhancement of the Carrick on Shannon Bowling Green amenity area explored to enable more access for older people.		
1.3.2	Develop partnerships with local workplaces to establish Employee Workplace Fitness Initiatives e.g. Lunch Time walking groups/exercise programmes/Yoga	Partnership developed and programmes delivered with local workplaces.	Leitrim Sports Partnership	LDC HSE
1.3.3	Increase physical activity engagement with Traveller children and adults.	Athletics, Soccer, Boxing, Pony and Animal Welfare Programme for Children. Fitness programme for adult Traveller Men and Women. Health & nutrition workshops delivered.	LSP HSE LDC LCC	Traveller Interagency Group
1.3.4	Explore use of specific function sporting facilities for non-members e.g. GAA or schools facilities being used by the wider public community	Work underway with local communities and sporting organisations to explore how existing specific function sporting facilities could be utilised for recreational activities by the local communities.	LSP	Healthy Leitrim Steering Group
1.3.5	Expand Buntús Start and Balancing Bike programme for all children aged 3-5 years old delivered within the pre-school and primary school settings.	Increased opportunities for Leitrim childcare service providers to engage and complete the Buntús Start and Balancing Bike Programme.	Leitrim County Childcare Committee CLG	LSP
1.3.5.1	Provide mentoring and support programmes to staff members, who implement Buntús Start and Balancing Bike programmes within Childcare facilities.	Participation identified within both programmes county wide. Number of programmes delivered.	Children and Young People's Services Committee (CYPSC)	
1.3.6	Introduce children to increased participation opportunities and a greater choice of multi-sports programmes in schools.	Ten primary schools targeted in year one and extended and implemented in 20% more schools in year two.	LSP	Primary Schools
1.3.7	Continue Leitrim Sports Partnership initiatives to target girls and boys at post primary school level to increase participation	Increased number of teenagers actively engaged in variety of sports with specific focus on sedentary teenagers.	LSP	Post Primary Schools
1.3.8	Deliver a multi-sport disability programme for groups in the Leitrim Disability Sports Forum.	Sports Inclusion Development Officer recruited. Multi-sport disability programme for children and adults with a disability.	LSP Leitrim Disability Sports Forum LCC Sport Ireland	HSE

## Objective 1.4

Develop a comprehensive communications strategy to promote and raise awareness of cross-agency Healthy Leitrim supports and well-being initiatives.

Actions		Measure of Success	Lead	Partner
1.4.1	Promote the Healthy Leitrim plan	A public launch of the Healthy Leitrim Plan.	LCDC	Healthy Leitrim Steering Group
1.4.2	Maintain regular media briefings of Healthy Leitrim activities	Regular contributions and programme information to local media	LCDC	Healthy Leitrim Steering Group
1.4.3	Work with local libraries to promote Healthy Ireland	Achievements of the Healthy Ireland key actions and Healthy Ireland at your Library Fund publicised and recognised in local libraries.	LCC Libraries	Healthy Leitrim Steering Group
1.4.4	Develop and maintain the Healthy Leitrim section within the Leitrim County Council website	Website regularly updated.	LCC	Healthy Leitrim Steering Group
1.4.5	Promote the CYPSC Parent App (Parents Own Plan); promote Parenting Programmes in Leitrim, including Parents Plus, Triple P, Lifestart, Incredible Years, Odyssey.	Increased promotion and usage of the Parent App by both parents and service providers. Increased promotion and delivery of Parenting Programmes in Leitrim.	CYPSC	Statutory and Community Service Providers
1.4.6	Promote the Sligo Leitrim Directory of Services, <a href="http://www.sligoleitrimdirectory.ie">www.sligoleitrimdirectory.ie</a> , an online directory of services for children, young people and families.	Increased usage of the Sligo Leitrim Directory of Services by the population of Leitrim.	CYPSC	Statutory and Community Service Providers
1.4.7	Promote the Parent Hub Facebook page for (Sligo) Leitrim	Increased engagement levels for the Parent Hub Facebook page.	CYPSC	Statutory and Community Service Providers



## 5.2 Healthy Ireland Strategic Priority:

# Healthy Weight

**Objective 2.1** Act collectively to increase the number of people in Leitrim with a healthy weight, where healthy weight becomes the norm.

## Healthy Leitrim Plan 2019-22

Actions	Measure of Success	Lead	Partner
2.1.1 Work with local schools to achieve a physically educated and physically active school community.	Increase in numbers of schools involved. Implementation of Healthy Ireland Nutrition Standards for School Meals in Leitrim.	LSP Schools	Parent Volunteers HSE Education Training Board (ETB)
2.1.2 Participate in the Active Schools Flag Programme <a href="http://activeschoolflag.ie">http://activeschoolflag.ie</a> .	Increase number of schools involved.	Schools	LSP
2.1.3 Promote the Active Schools Week initiative across the county.	Number of schools participating in Active Schools Week.	Active Schools Programme Schools	LSP ETB
2.1.4 Work with parent volunteers to embed physical activity programmes at an extra-curricular level.	Number of programmes ongoing and number of parent volunteers involved.	Schools	LSP Parent Volunteers Parent Associations
2.1.5 Incorporate healthy eating initiative into Early Years programmes.	Increase in Leitrim in the up-take of the Lifestart Programme by first-time parents.	Lifestart Leitrim County Childcare Committee CLG	HSE Breffni Community Development Company Ltd CYPSC
2.1.6 Establish additional breast feeding clinic run by Public Health Nurses/lactation consultants	Clinic established.	HSE	CYPSC
2.1.7 Continue to promote breastfeeding, the continuation of breastfeeding and improved support for the early identification and management of breastfeeding difficulties.	Increase in numbers of mothers, who breastfeed in Leitrim.	HSE	CYPSC
2.1.8 Continue the healthy diet and nutrition/cookery programmes in Men's Sheds initiative	Healthy living programmes adopted by all Men's Sheds projects.	Healthy Leitrim Steering Group	Men's Sheds

**Objective 2.2** Scale up effective community-based programmes with a focus on disadvantaged areas to enhance knowledge and skills with regard to healthy eating and active living.

Actions	Measure of Success	Lead	Partner
2.2.1 Expand parenting programmes that incorporate guidance, advice and training to Traveller parents on healthy food and healthy eating	Numbers of parents receiving interactive Health Education	LDC (Community Health Workers [CHW])	HSE
2.2.2 Expand Traveller Health Care programmes: fitness programmes, exercise classes, soccer tournaments etc for men and women.	Traveller Health programmes expanded with increased number of attendees.	LDC	LSP HSE
2.2.3 Continue Traveller Health screening programmes.	Screening programmes delivered.	LDC	HSE
2.2.4 Increase the number of healthy eating programmes for Traveller parents	Number of healthy eating programmes delivered. Increase in number of CHWs receiving communications training supporting management of weight and prevention of obesity.	LDC	HSE



## 5.3 Healthy Ireland Strategic Priority:

# Tobacco-Free

## Healthy Leitrim Plan 2019-22

### Objective 3.1 Reduce smoking prevalence among adults in Leitrim

Actions	Measure of Success	Lead	Partner
3.1.1 Mount an assertive 'no smoking' campaign locally	Decrease in adults smoking in Leitrim.	HSE	LCC
3.1.2 Promote the Healthy Ireland Tobacco Free Charter	Decrease in adults smoking in Leitrim.	HSE	LCC

### Objective 3.2 Reduce smoking initiation rates among young people

Actions	Measure of Success	Lead	Partner
3.2.1 Ensure that 'No smoking' signage is prominent in schools and in other public places	Signage displayed in all schools in Leitrim.	LCC Schools	HSE
3.2.2 Encourage local traders to adopt a zero tolerance policy in relation to selling tobacco products to young people	Decrease in number of young people smoking in Leitrim.	An Garda Síochána	Local Chambers Schools
3.2.3 Increase number of 'no smoking' programmes in schools	Number of local schools participating.	Schools	ETB





## 5.4 Healthy Ireland Strategic Priority:

# Sexual Health

**Objective 4.1** Ensure that all young people in Leitrim will have continued access to, and knowledge of how to source age-appropriate, trustworthy and accurate information and support on relationships and sexual health.

## Healthy Leitrim Plan 2019-22

	Actions	Measure of Success	Lead	Partner
4.1.1	Identify respect and sexual consent programmes to be offered to schools in county.	Programmes devised and offered to local schools.	Schools	Healthy Leitrim Steering Group
4.1.2	Promote the existing resources developed by the HSE to encourage communication between parents and their children about sexual health and wellbeing.	Greater awareness created at local level about available resources.	HSE	TUSLA
4.1.3	Promote outreach programme to inform and support young people in out-of-school settings to address their sexual health needs.	Explore the possibility of additional funding to roll out positive relationships and sexual health programmes. Number of young people who received the programme.	Foróige Youth Work Ireland North Connaught	CYPSC
4.1.4	Undertake a public awareness and information-giving programme about LGBTI+	Awareness programmes delivered in schools and in youth organisations.	Youth Work Ireland North Connaught	CYPSC Youth Organisations
4.1.5	Work with local LGBTI+ groups to deliver a workshop on sexual consent to LGBTI + young people	Awareness programmes delivered in schools and in youth organisations.	Youth Work Ireland North Connaught	CYPSC Foróige Youth Organisations

## 5.5 Healthy Ireland Strategic Priority:

# Prevention and reduction of alcohol-related harm

## Objective 5.1 Use a public health approach to reduce alcohol-related risk to Leitrim's citizens to ensure health, safety and well-being.

	Actions	Measure of Success	Lead	Partner
5.1.1	Adopt a County-wide Alcohol Policy.	Plan devised and adopted. Alcohol consumption down to 9.1 litres per person per annum (the OECD average) by 2020.*	North West Regional Drug & Alcohol Task Force (NWRDATF) LCC	An Garda Síochána HSE Community and Voluntary Groups
5.1.2	Devise a Carrick on Shannon Alcohol Strategy.	Plan devised & adopted.	NWRDATF LCC	HSE Joint Policing Committee (JPC) Community and Voluntary Groups
5.1.3	Develop and implement a multi-agency communications plan in relation to harm caused by alcohol.	Plan devised and being implemented.	HSE NWRDATF	CYSPC
5.1.4	Develop and display a range of health promotion signs in public places, giving clear and practical messages around low risk drinking guidelines.	Signage in place at key points around the county	HSE NWRDATF	LCC NWRDATF
5.1.5	Work collaboratively to extend existing youth and alcohol Community-based education and prevention programmes throughout Leitrim.	Education and alcohol prevention programmes running throughout the county.	Schools ETB	An Garda Síochána NWRDATF Youth Organisations
5.1.6	Promote <i>Use your Brain not your Fists</i> campaign and video.	Workbook developed and placed on SPHE curriculum.	Comhairle na nÓg LCC	An Garda Síochána Dept. of Education & Skills

\* The National Substance Misuse Steering Group developed a comprehensive range of policy measures to reduce alcohol consumption to 9.1 ltrs from over 11 ltrs rate per year in 2012



## 5.6 Healthy Ireland Strategic Priority:

# Mental Health

## Healthy Leitrim Plan 2019-22

### Objective 6.1 Enhance social connectedness across the life course and connect people most in need to resources, services, education and healthcare.

Actions	Measure of Success	Lead	Partner
6.1.1 Promote the Social Farming Model.	Increased numbers of people participating. Increased social inclusion and engagement.	LDC	HSE Local Farmers Department of Agriculture, Food and the Marine
6.1.2 Implement the Healthy Generations programme.	Delivery of 4 x 12 week programme encompassing all elements of physical health, mental health and general well being delivered to different generations and abilities of community members.	Breifni Community Development Company Ltd	Healthy Leitrim Steering Group
6.1.3 Strengthen the links of all Healthy Leitrim partners and the Implementation Groups of <i>Connecting for Life Sligo and Leitrim</i> to assist in the implementation of the local action plan where possible.	Item <i>Connecting for Life Sligo and Leitrim</i> on the agenda of two Health Leitrim meetings per year to facilitate a discussion leading to actions led by all Healthy Leitrim members to plan how they can contribute to promoting positive mental health and suicide prevention initiatives throughout communities in Leitrim.	Sligo-Leitrim Mental Health Services	Healthy Leitrim Steering Group CYPSC
6.1.4 Make training and supports available to those young people under sixteen who are most in need of ongoing support.	Delivery of <i>Out and About</i> 12 week project with programme delivered to young people 10 to 13 years old.	Youth Work Ireland North Connaught	Healthy Leitrim Steering Group
6.1.5 Combat adverse impact of social media and build resilience among young people.	Social media awareness raising programme introduced as part of SPHE programme in schools and in youth organisations county-wide. Awareness-raising programmes initiated for parents. DECIDER programme implemented. <i>Mind your Head</i> hub established.	Department of Education Schools CYPSC	Youth Organisations
6.1.6 Build on existing successful models recreating access to physical and mental well-being programmes in areas/communities affected by isolation and rurality.	Number of Walking programmes. Number of Men's groups. Number of cycling programmes. Friendly call services operating. Befriending programme in place. Rural transport link expanded. Number of age-friendly Feel Good clubs. Social local link pilot in place.	LDC HSE	Age Friendly Alliance Local Link LCC LSP OPC
6.1.7 Encourage sports clubs, cultural bodies, arts organisations, youth groups and businesses to declare their support for diversity, inclusion and visible representation of public support for LGBTI+.	A public recognition marker indicating support for LGBTI+ developed and displayed in all public places. Continued participation of LGBTI+ young people in sport at all levels.	Youth Work Ireland North Connaught	CYPSC Sporting Organisations
6.1.8 Help promote LGBTI+ rights and awareness in Leitrim and the surrounding areas.	Level of public awareness raising. Number of schools and youth organisation programmes. Number of parent information sessions.	Youth Work Ireland North Connaught	CYPSC Sporting Organisations Schools
6.1.9 Create model of Health & Fitness programme for mental health service-users.	Continued delivery of <i>Together we can do this</i> programme.	HSE	LSP

6.1.10	Support the delivery of community-based suicide prevention training.	Ensure that the following training initiatives are available in Leitrim: ASIST, SafeTALK and Understanding Self-Harm. Data including the number of courses and participants of these courses in Leitrim. Members of the Healthy Leitrim group to consider requesting to host a SafeTALK in their area by planning with the training coordinator.	Sligo - Leitrim Mental Health Services	Healthy Leitrim Steering Group members
6.1.11	Implement the six week Stress Control programme in Leitrim.	Delivery a number of the six week courses in Leitrim each year. This action is dependent on having trainers available. The lead will plan a <i>Train the Trainer</i> in 2019 and all members of Healthy Leitrim are to bring this to the attention of their organisations to consider nominations to complete an EOI to attend the training. Increase the capacity to deliver this training in Leitrim, i.e. the number of trainers.	HSE Psychology and HSE Mental Health	Healthy Leitrim Steering Group
6.1.12	Implement the <i>Five Ways to Wellbeing</i> programme in Leitrim.	Members of Healthy Leitrim are informed about the training. This training course is made available and delivered to groups in Leitrim.	Sligo Leitrim Mental Health Services (MHI)	Healthy Leitrim Steering Group
6.1.13	Promote the Green Ribbon campaign to reduce stigma across communities in Leitrim.	The campaign is promoted to all members of Healthy Leitrim by April of each year encouraging them to and do their part in promoting this campaign. Green Ribbons made available when requested. Members of Healthy Leitrim organise various events to distribute the green ribbons in schools, organisations or to the general public to support the campaign. Members of Healthy Leitrim are offered and encouraged to wear a Green Ribbon themselves throughout the month of May.	Sligo Leitrim Mental Health Services	Healthy Leitrim Steering Group
6.1.14	An annual <i>Connecting for Life Sligo and Leitrim</i> event held in Leitrim.	This event is planned and delivered on an annual basis in Leitrim. Members of Healthy Leitrim are informed at the planning stages and given the opportunity to support and be involved in the planning. Members of Healthy Leitrim support this event by direct support in the organisation, promotion of the event in any way appropriate for them.	Sligo Leitrim Mental Health Services	Healthy Leitrim Steering Group
6.1.15	Plan events in Leitrim to promote mental health during <i>World Mental Health Week</i> .	All members of Healthy Leitrim informed about World Mental Health Week. All members plan and organise an event for World Mental Health Week. All members of Healthy Leitrim to be informed of any public events taking place and be encouraged to plan public events themselves.	Sligo Leitrim Mental Health Services	Healthy Leitrim Steering Group
6.1.16	Organise community wide events with a focus on health and wellbeing with a focus on providing information on help seeking and services.	Members of Healthy Leitrim group to consider planning events in their community, supported by Sligo Leitrim Mental Health Services.	Healthy Leitrim Steering Group	Sligo Leitrim Mental Health Services
6.1.17	Promote national positive mental health campaigns locally such as, <i>The Little Things</i> campaign.	Little Things materials to be made available to members of the Healthy Leitrim Group. Members of Healthy Leitrim use these materials to promote the campaign in their organisation or to any other group of people. Members to keep a record of what they distribute.	Healthy Leitrim Steering Group	Sligo Leitrim Mental Health Services



## Section 6:

# Implementation and Monitoring

**Healthy  
Leitrim  
Plan 2019-22**

The Local Community Development Committee (LCDC) will be the governance structure which will review the delivery and monitoring of the Healthy Leitrim Plan. A sub-group of the LCDC, the Healthy Leitrim Steering Group, will oversee the operational details of the plan's delivery. Updates will be provided to the LCDC at regular intervals. The LCDC will work within its own partnership structures to facilitate delivery of the plan. The Healthy Leitrim Steering Group, will support community groups to participate in the implementation of the Healthy Leitrim Plan, through financial support from Healthy Ireland and other relevant schemes.



## Appendix 1.0

# Consultation Summary

Consultation for the Healthy Leitrim Plan took place in June/July 2018. It took the form of focus group meetings coordinated by Blánaid Carney, Healthy Leitrim Project Coordinator, and facilitated by Aibhlín McCrann, Communiqué International with a variety of elected representatives, statutory and community stakeholders. This was supported by one-to-one interviews, email conversations and a series of telephone interviews to confirm positions on certain priorities indicated during focus group meetings.

Discussions with all stakeholders were set against the backdrop of the Healthy Ireland national strategy and the Leitrim Local Economic and Community Plan (LECP), where the vision for Leitrim is a county where everyone can enjoy physical and mental health and wellbeing, and where wellbeing is valued and supported at every level of society.

In addition, a comprehensive survey was devised and issued to all stakeholders on the Leitrim Sports Partnership database. This was an open trawl for ideas. Desirable outputs from the process included, suggestions, insights that would contribute to the process and strategy; findings reflecting Healthy Ireland priorities and a series of realistic target-driven actions

Issues raised by the team were based around Healthy Ireland's goals and were framed within the context of:

- How can the proportion of people in Leitrim who are healthy at all stages of life be increased?
- How might health inequalities within the system be addressed in Leitrim?
- How can the public be protected from threats to their health and wellbeing?
- How to create an environment where each individual and sector of society can play their part in achieving a Healthy Ireland.

Participants were also directed towards the five Healthy Ireland key priorities:

- Physical activity and healthy weight;
- Tobacco-free;
- Sexual health;
- Mental health and
- Prevention and reduction of alcohol-related harm.

## Methodology

Our methodology was one of facilitative inquiry in round table discussions and focus groups. Its purpose was to:

- Celebrate stakeholder perceptions of achievement in an arena where the Sports Partnership is working across multiple agencies to deliver a comprehensive programme of activities in the county;
- Identify possible barriers to engagement;
- Explore possible supports to improve engagement;
- Facilitate a wider-ranging discussion around the five Healthy Ireland goals and priorities, and their relevance to Leitrim;
- Brainstorm ideas about what attendees might hope to have achieved through the implementation of a Healthy Leitrim plan by 2022.

Our approach ensured that people were empowered to contribute and to be involved in engineering the possible actions. It also gave them an understanding of the challenges, opportunities and ambitions, as well as signalling further opportunities for development and encouraging new partnerships. While attendance in some areas was less than in others, those who came along understood that participation in the process could possibly further their own purposes. They were encouraged to:

- Identify the current areas of priority that were of concern to them;
- Think 'out loud' publicly and transparently about the rights and responsibilities of all of the players with regard to current needs and the future;
- Engage in dialogue about resources and futures that will be meaningful, sustainable and useful after this particular process has concluded;
- Stimulate people and organisations to continue those discussions after this process has concluded;
- Sign off on a set of priorities that are relevant and applicable for a certain period on the basis that they will be continually reviewed, debated, influenced etc.

In order to ensure as big a sample as possible, we met members of the public in Carrick on Shannon, Mohill, Ballinamore and Drumshanbo. Consultation with Leitrim Co. Council Housing and Community Strategic Policy Committee Elected Members provided a broader 'reach' to meet local and area-based needs.

## Achievements

<b>Consultees identified the following, including but not limited to:</b>	<b>Positive impact of Healthy Leitrim initiatives to date.</b>
	County-wide walking programmes.
	Men's Sheds groups.
	Exercise programmes enabling activity based social interaction for people with disabilities.
	Cycle programmes.
	Trio bikes initiatives.
	Social farming initiative.
	Traveller Health Care programme comprising of gym memberships and exercise classes. Athletics, Astro turf and soccer, Pony projects/horse care, and parenting programmes for travellers.
	Breifne Youth Café - Masterchef programme.
	Exercise units in parks.
	Delivery of Buntús and Balancibility programme (both county childcare) programme.
	Traveller Health Fair.
	Friendly call services.
	Befriending programme.
	Athletics programme - Couch to 5K ensures continuity and sustainability.
	Health Expo - health and well-being focused exhibition.
Sampler programmes where people had an opportunity to try alternative sports/recreational activities.	
Comhairle na nÓg <i>Use your brain not your fists</i> campaign.	

# Barriers

Barriers were often seen as general barriers to service delivery, rather than to a healthy lifestyle

Access to facilities in Leitrim.

Financial barriers.

Parental empowerment and lack of parental education regarding what good health is and how to maintain/sustain a healthy lifestyle.

Access to transport, and transport for parents and limitations of rural transport system generally.

Parents who lack family support or who have no transport to bring children to activities.

Time poor busy lives – people struggle to prioritise health until it becomes an issue. Financial pressures on families regarding transport etc.

There is a significant problem regarding use of weed/hash.

Finance to fund participation.

Few activities are directed towards girls whose involvement tends to diminish in early teens.

Poverty, lack of education/depression.

Lack of access for parents who want support – first time parents, lone parents, pre-natal support, promotion of breast-feeding.

Post-natal support weaning to healthy food. Lack of enough funding for posters etc – promotion.

Social inclusion/exclusion; lack of understanding of and representation of LGBTI+ needs.

Access to relevant information - rigidity of actions for certain programmes.

Increasing anxiety and depression across all ages.

Lack of locally integrated approach to working, coupled with balanced priorities covering whole life cycle.

Deficit of accurate information, access to services or awareness of same.

Lack of individual self-motivation.



# Priorities for a Healthy Leitrim

When asked to brainstorm what their priorities for Leitrim were, the following responses were given:

- Introduction of Healthy Leitrim ambassadors.
- More opportunities for social interaction among vulnerable people across the county would lead to improved mental health and wellbeing.
- Continue working with the age-friendly alliance to deliver programmes targeting older people.
- Develop scenic and recreational areas across the county to encourage more use in various ways by locals and tourists alike e.g. Saddle Hill, Lough Melvin, Glenfarne, Garadice Lake.
- Combat social media-induced isolation particularly among young people. Immediacy of response to social media is leading to development of anxiety, lack of resilience, stress-related conditions because young people are being barraged from every side.
- Have environmental and fiscal measures in place to ensure that healthy choices are easier choices.
- Insist on mandatory parenting programmes and encourage schools to keep parents apprised of pastoral care interventions.
- Conduct information sessions for parents to promote increased awareness and responsibility.
- The need for supports for people with disabilities and carers was raised in all areas and particularly at the Ballinamore Focus Group.
- Issues around a drop off in activity for teenage girls in secondary school remains a big challenge.
- Undertake 'Mind your Head' research.
- Ensure clarity of response to young peoples' needs in the mental health arena = a clear description of how young people can be supported pre-crisis.
- A 'Mind your Head' hub established to support the development of resilience in young people.
- Idea of Sports Hub and centre for Carrick on Shannon.
- Dance programmes for physical fitness - revive jiving across all ages.
- Sexual Health programmes, not necessarily in schools, but sponsored by organisations like Foróige, Comhairle na nÓg etc.
- Continue innovative traveller programmes.
- Create more connections and more partnership working between traveller organisations and other voluntary bodies to benefit traveller engagement.
- Create more structures for non-competitive sport.
- Establish a Healthy Leitrim local link through engagement with transport providers.
- Focus on the benefits of nutrition – structured diet supports brain function and improves mental health.
- Expand the social farming initiative.



# Healthy Leitrim Survey

There was 154 responses to the Healthy Leitrim survey, which ran for three weeks. Analysis of the survey feedback broadly reflected people's views at consultation.

## Summary of Survey findings

- Q1. Of the 153 people who completed the survey, 45% indicated that their catchment area was Carrick on Shannon, followed by Mohill at 20% and Ballinamore at 10%.
- Q2. 93% of respondents were individuals, with 6.54% - or 10 organisations – responding as a representative of an organisation or group.
- Q4. The majority of organisations that responded to this survey serve young people and children, followed by older people, people with physical disabilities and people with intellectual disabilities.
- Q5. Of the individuals, over 50% of respondents were parents, 23% were young people, and 16% were older people. Women's groups at over 9%, and carers at 6% were the next demographics that engaged with the survey.
- Q6. The organisations served a wide range of age groups as per question number 6, with 11 serving 25 – 50 year olds, 8 serving 13 – 18, 8 serving 51 – 64 and 6 serving the 5 – 12 and 19 – 24 age groups.
- Q7. Over 65% of the individuals who responded were in the 25 – 50 age group, followed by 22% of survey respondents from the 51 – 64 year old age group.
- Q8. 70% of organisations that took part in the survey offer physical activities (e.g. sport, dance, play or recreation) to the people of Leitrim, while 50% of organisations that responded were involved in bringing mental health services (e.g. social interaction, alleviating stress, emotional or behavioural difficulties) to the people of Leitrim.
- Q9. Users responded strongly to the types of services/programmes/activities that the people of Leitrim would like to see offered in the county, with physical exercise leading the way at 83%, followed by mental health at 75%, weight health at 57%, sexual health advice or addiction both around 32%.
- Q10. The key health challenges for the population in Leitrim were access to facilities at 52%, transport at 50%, services and programmes at 48%, exercise, sport or physical education at 47% and social engagement opportunities for those living alone at 43%
- Q11. Exercise, sport and physical education ranked as the biggest key health and wellbeing challenge per population group for the people of Leitrim with 52% marking this as their number one concern. This was followed by access to facilities at 51%, then access to services and programmes and awareness of local programmes at 42% each.
- Q12. Physical activity programmes/introduction to new sports/activities was the most important activity for people in Leitrim in the development, delivery and/or promotion of overall health and wellbeing in the county. Receiving information about further funding opportunities, providing links between organisations, clubs/individuals, and general information and advice on facility information were additional issues raised.

# Acronyms and Abbreviations

The following table clarifies the acronyms and abbreviations used within this plan.

<b>CHW</b>	Community Health Worker
<b>CSO</b>	Central Statistics Office
<b>CYPP</b>	Children and Young People's Plan
<b>CYPSC</b>	Children and Young People Services Committee
<b>ETB</b>	Education Training Board
<b>GAA</b>	Gaelic Athletic Association
<b>HI</b>	Healthy Ireland
<b>HSE</b>	Health Service Executive
<b>JPC</b>	Joint Policing Committee
<b>LCC</b>	Leitrim County Council
<b>LCDC</b>	Local Community Development Committee
<b>LDC</b>	Leitrim Development Company
<b>LECP</b>	Local Economic Community Plan
<b>LGBTI+</b>	Lesbian Gay Bisexual Transgender Intersex +
<b>LSP</b>	Leitrim Sports Partnership
<b>NWRDATF</b>	North West Regional Drugs and Alcohol Taskforce